# PONTHAFREN ACTIVITIES

**October 2026**

## MONDAY

***Community Mental Health Team Support Hub***
11:30 – 14:00, 12th, 19th & 26th October
Ponthafren Welshpool

***Woodland Visit***
12:00 - 15:00, 19th October
Meeting at Coed Esgair
**Booking essential**

***Emotional Life Skills Group***
14:00 - 15:30, every Monday
Ponthafren Newtown
**Booking essential**

***Mindfulness***
10:00 - 11:00, 5th October
Ponthafren Welshpool

***Service User Engagement - Have your say***
11:00 - 12:00, 12th October
Ponthafren Newtown

## TUESDAY

***Men's Group in Ponthafren Newtown***
15:00 – 16:15
6th & 20th October

***Singing for Fun!***
11:00— 12:30, every Tuesday
Ponthafren Welshpool

***Self - Discovery Group***
14:00 - 15:00, 6th October
Ponthafren Welshpool
**Booking essential**

***Powys Mental Health Forum***
*Join us to link in via Video*
13:00 - 14:30, 6th October
Ponthafren Newtown

Our drop in service is available from 11:00 – 15:00 Monday to Friday in each of our centres.

## WEDNESDAY

***Newtown Walk***
11:00 – 12:00, every Wednesday
*Join us on the 21st October from 11 - 1 for a litter pick in support of "Tidy Newtown Week"*
Meet opposite the cinema by the bridge, Newtown.

***Gardening Group***
13:00 – 15:00, Every Wednesday
Ponthafren Newtown

***Men's Group in Ponthafren Welshpool***
15:00 – 16:15, every Wednesday
Join us for a variety of activities

***EFT - Emotional Freedom Technique***
09:30 - 11:00, 21st October
Ponthafren Newtown
**Booking essential**

**NEW: *Cuppa with a Copper***
11:30 - 12:30, 14th October
Ponthafren Newtown

## THURSDAY

***Arty Crafters - Peer Led Craft Group***
11:00 – 13:00, every Thursday
Ponthafren Welshpool

***Powis Castle Garden***
11:00 – 15:00, every Thursday
Powis Castle Walled Garden, Welshpool - contact for further details.

***Walk & Talk Rugby Group***
18:00 – 19:00, every Thursday
Welshpool Rugby Club

## FRIDAY

***Bacon Sandwich & Board Games***
11:00 – 13:00, every Friday
Ponthafren Newtown
Cost of £1.50 per sandwich

***Women's Group***
12:00 – 13:30, every Friday
Ponthafren Newtown

**Choose your activity based on the *Five Ways to Wellbeing***
- KEEP LEARNING
- BE ACTIVE
- CONNECT
- TAKE NOTICE
- GIVE & CREATE

**To visit our website, scan the QR code**


/ponthafren /ponthafren_
www.ponthafren.org.uk admin@ponthafren.org.uk

**Ponthafren Newtown**
Longbridge Street,
Newtown, SY16 2DY
tel: 01686 621 586

**Ponthafren Welshpool**
The Armoury, Brook Street,
Welshpool, SY21 7NA
tel: 01938 552 770

# NEW & FEATURED

**October 2026**

***Woodland Visit***
12:00 - 15:00, Monday 19th October
Transport is available with limited spaces from Ponthafren Newtown.
**Booking essential**

***Powys Mental Health Forum***
13:00 – 14:30, 6th October
*Join us in Ponthafren Newtown to access via video link and share your ideas to improve services.*

***Newtown Walk and Litter Pick***
11:00 - 13:00, 21st October
*In support of "Tidy Newtown Week" our Wednesday walkers will be litter picking.*
**All equipment provided**

***Service User Engagement - Have your say!***
11:00 - 12:00, 12th October
*Share your thoughts and ideas to help us improve and shape our services.*

***NEW:* Cuppa with a Copper**
11:30 - 12:30, 14th October
*Ponthafren Newtown are inviting you to have a cup of tea/coffee with our local police.*

Ponthafren's drop-in service is available from 11:00 – 15:00 Monday to Friday in each of our centres.

Come and socialise, ask for support, or join an activity.

**To visit our website, scan the QR code**


/ponthafren
www.ponthafren.org.uk
/ponthafren_
admin@ponthafren.org.uk

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